

## Package leaflet: Information for the user

### **Kay-Cee-L Syrup 7.5% w/v Potassium Chloride 500ml**

**Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.** Always take this medicine exactly as described in this leaflet or as your doctor, pharmacist or nurse have told you.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. See section 4.
- You must talk to a doctor if you do not feel better or if you feel worse.

#### **What is in this leaflet**

1. What Kay-Cee-L is and what it is used for
2. What you need to know before you take Kay-Cee-L
3. How to take Kay-Cee-L
4. Possible side effects
5. How to store Kay-Cee-L
6. Contents of the pack and other information

#### **1. What Kay-Cee-L is and what it is used for**

##### **What Kay-Cee-L is**

The name of your medicine is Kay-Cee-L Syrup. In this leaflet your medicine will be referred to as Kay-Cee-L.

Kay-Cee-L contains a medicine called potassium chloride and is a potassium supplement. Potassium chloride is a type of salt which your body needs to be healthy.

##### **What Kay-Cee-L is used for**

Kay-Cee-L is used to treat or to stop low levels of potassium in you body. If the level of potassium in your body is low, you will feel unwell.

##### **How Kay-Cee-L works**

Kay-Cee-L works by increasing the store of potassium in you body to the right levels.

#### **2. What you need to know before you take Kay-Cee-L**

##### **Do not take Kay-Cee-L if:**

- you are allergic to potassium chloride or any of the other ingredients of this medicine (listed in Section 6). An allergic reaction may include rash, itching, difficulty breathing or swelling of the face, lips, throat or tongue.
- you have a severe kidney disorder with little or no urine production.
- you suffer from uncontrolled Addison's disease (where the adrenal glands do not produce enough of a hormone called cortisol).
- you are dehydrated. You may feel thirsty or have a dry mouth.
- you have high potassium levels in your blood.
- you have recently had serious burns.
- you have crush injuries (which usually result from major trauma e.g. major road traffic injuries with damage to the chest).

Do not take Kay-Cee-L if any of the above apply to you. If you are not sure, talk to your doctor, pharmacist or nurse before taking Kay-Cee-L.

### **Warning and precautions**

Talk to your doctor, pharmacist or nurse before taking Kay-Cee-L if:

- you have ever had a stomach ulcer.
- you have any problems with your food pipe (oesophagus), stomach or bowel.
- you have problems with your kidneys or liver.
- you have heart disease or are taking digitalis (a drug for heart failure).
- you are elderly (over 65 years)
- you are taking any medicine that may increase the levels of potassium in your blood, such as diuretics (medicines that help you to pass urine), ACE inhibitors (medicines for high blood pressure or heart problems), ciclosporin, tacrolimus or digoxin.
- you have a build-up of acid in your blood.
- you have stiff muscles (myotonia congenita).
- you have severe breakdown of red blood cells.
- you have high blood pressure - your treatment may lower it.

If any of the above apply to you (or you are not sure), talk to your doctor, pharmacist or nurse before taking Kay-Cee-L.

Periodic blood tests and electrocardiograph (ECG) should be performed while you are taking Kay-Cee-L.

### **Other medicines and Kay-Cee-L**

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines. Some medicines can affect the levels of potassium in your blood stream. These include ACE inhibitors (such as enalapril), aldosterone antagonists (such as spironolactone), angiotensin II receptor antagonists (such as losartan), ciclosporin, potassium sparing diuretics (such as amiloride) and tacrolimus. The risk of developing high levels of potassium in your blood stream is increased if you are taking potassium supplements and a medicine called digoxin (particularly if you take too much digoxin) or if you have kidney problems.

If you are taking any of these medicines (or you are not sure) talk to your doctor, pharmacist or nurse before taking Kay-Cee-L.

### **Pregnancy and breast-feeding**

Do not take this medicine if you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby unless your doctor advises it is essential.

### **Driving and using machines**

Kay-Cee-L is not likely to affect you being able to drive or use tools or machines. However, if you feel unwell do not drive or use any tools or machines.

**Kay-Cee-L contains sorbitol (E420), carmoisine (E122), methyl parahydroxybenzoate (E218), ethyl parahydroxybenzoate (E214), propyl parahydroxybenzoate (E216), sodium benzoate (E211) and propylene glycol.**

Kay-Cee-L contains less than 1 mmol sodium (23 mg) per dose. This means that it is essentially 'sodium free'.

This medicine contains 400 mg sorbitol in each ml of syrup.

Sorbitol is a source of fructose. If your doctor has told you that you (or your child) have an intolerance to some sugars or if you have been diagnosed with hereditary fructose intolerance (HFI), a rare genetic disorder in which a person cannot break down fructose, talk to your doctor before you (or your child) take or receive this medicine.

Sorbitol may cause gastrointestinal discomfort and mild laxative effect.

This medicine contains carmoisine (E122) which may cause allergic reactions.

This medicine contains methyl parahydroxybenzoate (E218), ethyl parahydroxybenzoate (E214) and propyl parahydroxybenzoate (E216) which may cause allergic reactions (possibly delayed).

This medicine contains 1 mg benzoate salt in each ml of syrup. Benzoate salt may increase jaundice (yellowing of the skin and eyes) in newborn babies (up to 4 weeks old).

This medicine contains 10 mg propylene glycol in each ml of syrup.  
If your baby is less than 4 weeks old, talk to your doctor or pharmacist before giving them this medicine, in particular if the baby is given other medicines that contain propylene glycol or alcohol.

### **3. How to take Kay-Cee-L**

A doctor or nurse may give you this medicine or you may take it yourself. Always take this medicine exactly as described in this leaflet or as your doctor, pharmacist or nurse have told you. Check with your doctor, pharmacist or nurse if you are not sure.

#### **Taking Kay-Cee-L**

- Always take your medicine after food.
- Always take the dose exactly as it written on the label.

#### **How much Kay-Cee-L to take**

Your doctor will decide how much medicine you should take and for how long you should take it.

This will depend on a number of things such as:

- how low your potassium level is.
- the reason that it is low.
- the length of time it has been low.

#### **Adults, the elderly (over 65 years) and children aged 12 years and over**

- The usual dose is 10 to 50 ml a day.
- Spread this out during the day as instructed by your doctor.
- If you are elderly and have kidney problems, your doctor may decide to give you less. This depends on the level of potassium in your blood. You may need to have regular blood tests to monitor this.

#### **Use in babies (up to 1 year of age), infants and children (age 1 to 12 years)**

- For babies (up to 1 year of age) the usual dose is 0.5 to 0.75 ml per kg of body weight a day.
- For infants and children (age 1 to 12 years) the usual dose is 0.5 to 1.0 ml per kg of body weight a day.
- For children who weigh over 50 kg, the adult dose is usually given (see above).

Spread this out during the day as instructed by your doctor. Use the syringe in the pack or spoon supplied by your pharmacist to help you give the right dose.

#### **If you take more Kay-Cee-L than you should**

If you or someone else takes more Kay-Cee-L than you should, talk to a doctor or nurse or go to a hospital straight away. Take the medicine pack with you. You may:

- feel sick or confused.
- feel weak or have a lack of energy.
- feel numb or tingling.
- have an uneven heartbeat.

#### **If you forget to take Kay-Cee-L**

If you forget a dose, do not worry. Do not take a double dose to make up for a forgotten dose. Take your next dose as usual.

#### **If you stop taking Kay-Cee-L**

Talk to your doctor before you stop taking Kay-Cee-L. If you stop taking Kay-Cee-L before you have finished your course of treatment, your symptoms may return.

If you have any further questions on the use of this medicine, ask your doctor, pharmacist or nurse.

#### **4. Possible side effects**

Like all medicines, this medicine can cause side effects, although not everybody gets them.

##### **Side effects include:**

##### **Rare (may affect up to 1 in 1,000 people)**

- feeling or being sick.
- diarrhoea.
- abdominal cramps.
- high levels of potassium in people that have ‘familial hyperkalaemic periodic paralysis’.
- stomach or food pipe (oesophagus) irritation.
- abdominal (tummy) discomfort.

If these side effects trouble you, your doctor may lower your dose or tell you to stop taking Kay-Cee-L.

##### **Reporting of side effects**

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly (see below). By reporting side effects you can help provide more information on the safety of this medicine.

##### **United Kingdom**

Yellow Card Scheme

Website: [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard) or search for MHRA Yellow Card in the Google Play or Apple App Store

##### **Ireland**

HPRA Pharmacovigilance

Website: [www.hpra.ie](http://www.hpra.ie)

#### **5. How to store Kay-Cee-L**

Keep this medicine out of the sight and reach of children.

Do not use this medicine after the expiry date which is stated on the carton and the label on the glass bottle after EXP. The expiry date refers to the last day of that month.

Store below 25°C.

Do not use Kay-Cee-L if the appearance of the medicine has changed in any way.

Do not use this medicine after 8 weeks of first opening.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

#### **6. Contents of the pack and other information**

Kay-Cee-L contains 7.5% w/v potassium chloride as the active ingredient, equivalent to 1 mmol of potassium per ml.

- The other ingredients are sorbitol (E420), carmoisine (E122), wild cherry flavour F617, sodium benzoate (E211), saccharin sodium, nipasept (acid form) (a mixture of ethyl parahydroxybenzoate (E214), methyl parahydroxybenzoate (E218), propyl parahydroxybenzoate (E216)), propylene glycol and purified water.

##### **What Kay-Cee-L looks like and contents of the pack**

Kay-Cee-L is a clear, red, slightly sticky and thick liquid which comes in a 500ml bottle.

**Marketing Authorisation Holders****United Kingdom**

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Thorley House,  
Bailey Lane,  
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PL 0184/0031

**Ireland**

Syri Pharma Limited,  
Floor 0, 1 WML,  
Windmill Lane,  
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PA22697/026/001

**Manufacturer**

Thornton & Ross Ltd., Huddersfield, HD7 5QH, United kingdom

**This leaflet was last revised in April 2025.**